

# **Peterborough Mixed Indoor Soccer Club**

## **Rules and Regulations**

**THE LEAGUE EXECUTIVE RESERVES THE RIGHT TO MODIFY THIS DOCUMENT AT ANY TIME THROUGHOUT THE SEASON, WITH CONSULTATION OF THE TEAM REPS.**

Revised Indoor Playing Rules

### **Law One Field of Play**

The dimensions of the field of play will be designated by the permanent lines of the indoor facility.

The field of play shall be rectangular. The field will be marked by two longer boundary lines being called the touch lines and two shorter lines being called the goal-lines.

### **THE GOAL AREA**

At each end of the field of play two lines shall be drawn at right angles to the goal-line and shall also be joined by a line parallel to the goal-line. Each of the spaces enclosed by these lines and the goal line shall be known as the goal area. Dimensions of this area will also be designated by the permanent lines of the indoor facility.

### **THE PENALTY AREA**

The penalty area will also be marked by two lines at right angles to the goal line and shall also be joined by a parallel line to the goal line. The penalty area will also include a mark for penalty kicks, and from each penalty mark, an arc of a circle will be drawn outside the penalty area to ensure proper distance is given by all players from the penalty kick.

### **CORNER AREA**

At each corner, a quarter circle, having a radius of 1 meter shall be drawn inside the field of play. The corner flags shall be provided by the indoor facility and must be used.

### **THE GOALS**

The goals shall be placed on the center of each goal-line. The goals shall be provided by the indoor playing facility. The goal-posts and the cross-bars shall have the same width. Nets shall be attached to the outer edges of the goal or the goal-posts, cross-bars and the ground behind the goals. The nets should be appropriately supported and not interfere with the movement of the goalkeeper.

For safety reasons, the goals, including those which are portable, must be anchored securely to the ground.

### **Law 2 The Ball**

The ball shall be spherical; the outer casing shall be of leather or other suitable materials. No material shall be used in its construction which might prove dangerous to the players. For competitions up to and including Under-12 the ball shall be a size 4. For all other competition the ball shall be a size 5.

The ball shall be judged fit for play by the referee and shall not be changed during the game unless authorized by the referee.

### **Law 3 Number of Players**

The number of players on the playing field may vary at different competition levels, however will be outlined by each league in their playing bylaws.

A match shall be played by two teams, each with not more than seven players and not less than four players on the field of play. One of the players shall be the goalkeeper. The rules of the competition shall state the number of players on each team who may be dressed to play. All persons dressed to play shall be subject to the authority and jurisdiction of the referee.

### **Substitutions**

Substitutes may be used in any match in accordance with the rules of the competition. Substitutions will be made "On the Fly" and the game shall not be delayed to allow substitution, except for the substitution of the goalkeeper. Unlimited substitution shall be allowed. Any of the other players may change places with the goalkeeper, provided that the referee is informed before the change is made, and provided also, that the change is made during a stoppage of the game. When any player other than the goalkeeper is to be replaced, the substitute shall not enter the field of play until the player being replaced is within 1 meter of the bench area. Neither the player entering or the player leaving may interfere with the play while both are on the field. The substitution is completed when the substitute enters the field of play, from which moment the substitute becomes a player and the player being substituted ceases to be a player.

### **Infringements/Sanctions**

If a team is determined by the referee to infringe on this playing law, an indirect free kick will be awarded to the opposing team at the place where the infringement occurred.

### **Law 4 Players Equipment**

Players shall not wear anything which is dangerous to themselves or another player.

The basic compulsory equipment of a player shall consist of a numbered shirt, shorts, stockings, shin guards and footwear. The footwear shall be appropriate to the Indoor game and the playing surface. All players shall have a number on their jersey and players of the same team shall not have the same uniform number. All players shall wear shin guards which must be covered entirely by the stockings and must provide a reasonable degree of protection.

**Team colours shall not conflict with each other or with the referee. Goalkeepers may wear the same colour.**

### **Infringements/Sanctions**

For any infringement of this playing rule, the player at fault shall be instructed to leave the field of play by the referee, when the ball next ceases to be in play, unless by then there is no longer an infringement. Play shall not be stopped immediately for an infringement of this Playing rule. A player who is instructed to

leave the field to adjust equipment or obtain missing equipment shall not return without first reporting to the referee, who must ensure that the player's equipment is in order. The player shall only re-enter the game at a moment when the ball has ceased to be in play.

#### **Law 5 The Referee**

Each match is controlled by a referee who has full authority to enforce the laws of the game. The authority and exercise of the powers granted to the referee by these playing rules commence as soon as the referee enter the field of play. The referee's powers of penalizing shall extend to offences committed when the ball is in play; the ball is out of play. Or play has been temporarily suspended. The referee's decision in all matters related to the game is final.

The referee has the right to eject any coach or spectator who abuses the spirit of the game by use of offensive, abusive or insulting language and/or actions.

#### **Law 6 The Timekeeper**

The referee is the only official timekeeper.

#### **Law 7 Duration of the game**

The duration of the game shall be two equal periods of a time determined by the league organizers.

Time shall be extended to permit a penalty kick being taken at or after the expiration of the normal period in either half. At half time the interval shall not exceed five minutes except by consent of the referee.

The competition rules shall state whether overtime and/or kicks from the penalty-mark are required to reach a decision.

#### **Law 8 The Start of Play**

A coin toss will be conducted between a player from each team and the referee prior to the game. The team winning the coin toss will choose which goal they will attack in the first half. The other team will kick off to start the game. In the game's second half, the teams change ends and attack the opposite goals.

A kick-off will be the method of starting play at the beginning of each have, after a goal is scored and at the beginning of each period of extra time when applicable by league rules.

On the kick off the ball may be played in any direction. The ball is in play when it has been kicked and moves. A player may not play the ball a second time until the ball has been touched by another play. All players must be in their own halves of the field until the ball is in play and all defending players must remain outside the center circle until the ball is in play. **A goal may not be scored directly from the kick off.**

#### **Infringements/Sanctions**

For any infringement of this playing rule, the kick-off shall be retaken, except in the case of the kicker playing the ball again before it has been touched or played by another player; for this offence, an indirect free kick shall be taken by a player of the opposing team from the place where the infringement occurred, subject to the over-riding conditions imposed in Playing Rule 13.

#### **Law 9 Ball In and Out of Play**

The ball is considered to be out of play when and only:

- 1) The whole ball crosses the whole goal line either on the ground or in the air.
- 2) The whole ball crosses the whole touch line either on the ground or in the air.
- 3) The ball hits an outside agent of the field (i.e. the ceiling, lights, etc.).
- 4) The referee stops play.

### **Law 10 Method of Scoring**

A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar, provided that no infringement of the rules has been committed previously by the team scoring the goal.

The team scoring the greater number of goals during the game shall be the winner. If both teams score an equal number of goals, or if no goals are scored, the game is determined as a tie game.

For games ending in a tie, league rules will outline which games may precede to extra time or kicks from the penalty mark to determine a winner. All other games will finish as a tie game.

### **Law 11 Offside**

There is no offside offence in indoor soccer.

### **Law 12 Fouls and Misconducts**

A player who commits any of the following penal offences:

- a) Kicks or attempts to kick and opponent
- b) Trips or attempts to trip and opponent
- c) Jumps at an opponent
- d) Charges an opponent
- e) Strikes or attempts to strike an opponent
- f) Pushes and opponent
- g) Tackles an opponent unfairly, making contact with the player before contact with the ball is made
- h) Spits at an opponent
- i) Holds and opponent (including and part of the uniform)
- j) Handles the ball deliberately, i.e., carries, strikes or propels the ball with hand or arm (this does not apply to the goalkeepers within their penalty areas);

shall be penalized by an indirect free kick awarded to the non-offending team at the location at the place where the offence occurred. If the offence occurred in the offending team's penalty area, then a penalty kick shall be awarded to the non-offending team.

A penalty kick can be awarded irrespective of the position of the ball, if in play, at the time an offence within the penalty area is committed.

A player who commits any of the following technical offences:

- a) Plays in a manner considered by the referee to be dangerous to themselves or to another player (Slides or slide tackles)
- b) Charging fairly, i.e., with the shoulder, when the ball is not within playing distance
- c) Impedes the progress of an opponent while not playing the ball
- d) Charging the goalkeeper
- e) Preventing the goalkeeper from releasing the ball into play

f) When playing as a goalkeeper and within the penalty area commits any of the following five offences:

- 1) Takes more than six seconds while controlling the ball with her/his hands, before releasing it from her/his possession
- 2) Touches the ball again with her/his hands after it has been released from her/his possession and has not touched any other player
- 3) Touches the ball with her/his hands after it has been deliberately kicked to her/him by a team-mate
- 4) Touches the ball with her/his hands after she/he has received it directly from a kick-in taken by a team-mate
- 5) Kicks the ball out of their hands, without the ball first touching the ground (**Drop Kicks**)

shall be penalized by the award of an indirect free kick to be taken by the opposing side from where the infringement occurred. However, if the infringement occurred inside the offending team's penalty area, the ball shall be placed just outside the penalty area line at the point nearest to where the infringement occurred and a free kick shall be awarded to the non-offending team.

A player shall be cautioned and shown the yellow card if in the opinion of the referee a player is guilty of:

- 1) Unsporting behaviour
- 2) Shows dissent by word or action
- 3) Persistently infringes the laws of the game
- 4) Delays the restart of play
- 5) Fails to give the required distance when play is restarted by a corner kick, free kick or kick in
- 6) Enters or leaves the field of play without the referee's permission other than in the act of substitution

A player shall also be cautioned and shown a yellow card for a slide tackle.

A player shall be shown a red card and sent off the field of play if in the referee's opinion a player is guilty of:

- 1) Serious foul play
- 2) Violent conduct
- 3) Spitting at an opponent or any other person
- 4) Denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within her/his own penalty area)
- 5) Denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick
- 6) Uses abusive, offensive or insulting language and/ or gestures
- 7) Receives a second caution in the same game

If play was stopped to issue a yellow or red card to a player or players, the restart shall be subject to the restarts listed for penal and technical offences listed above. The referee will restart play with a drop ball if the original foul committed is indeterminable (i.e. two opposing players fighting).

The game will not resume until the person or people ejected have left the playing area.

### **Law 13 Free Kicks**

All free kicks shall be subject to the restarts listed for penal & technical offences listed in Law # 12.

All defending players must retreat and remain at least 3 meters from the ball until play has been restarted.

When a player is taking a free kick inside the player's own penalty area, all of the opposing players shall be at least three meters from the ball and shall remain outside the penalty area until the ball has been kicked out of the area. The ball shall be in play immediately when it is kicked directly beyond the penalty area. The goalkeeper shall not handle the ball, in order to kick it into play. If the ball is not kicked directly into play, beyond the penalty area, the kick shall be retaken.

If a player of the opposing team encroaches into the penalty area, or within 3 meters of the ball, as the case may be, before a free kick is taken, the referee shall delay the taking of the kick, until the playing rule is complied with.

The ball must be stationary when a free kick is taken, and the kicker shall not play the ball a second time until it has been touched or played by another player.

When the ball has been determined to have struck an outside agent of the field as outlined in law 9, an indirect free kick shall be awarded against the team last to have touched the ball at the point on the floor nearest to where the outside agent was struck. If the outside agent struck is within the team's penalty area that last touched the ball, the ball shall be brought outside the penalty area to the point nearest where the ball struck the outside agent.

Any free kick awarded inside the kicking team's goal area may be placed at any spot within the goal area.

The ball is considered to be in play once it has been kicked and moves in any direction as long as all factors above have been met.

The referee may play an "*Advantage*" if the non-offending team has come away with a clear advantage on the play.

### **Infringements/Sanctions**

If the kicker, after taking the free kick, plays the ball a second time before it has been touched or played by another player, an indirect free kick shall be taken by a player of the opposing team from the spot where the infringement occurred.

The referee will use a drop ball to restart play for any unnatural stoppage not found under the laws of the game (i.e. for an injury where no foul has occurred). The drop ball will be taken from the ball was when play was stopped. If the stoppage of play occurred within the penalty area, the drop ball will be moved to the nearest point outside of the penalty area. The drop ball must be taken by one player from each team. The ball is considered in play when it touches the ground

### **Infringements/Sanctions**

If one player plays the ball before it touches the ground, an indirect free kick shall be awarded to the non-offending team. If both players play the ball before it touches the ground, the drop ball shall be retaken.

### **Law 14 Penalty Kicks**

A penalty-kick shall be taken from the penalty-mark and, when it is being taken, all players with the exception of the player taking the kick, and the opposing goalkeeper, shall be within the field of play but outside the penalty-area. All players must remain at least 3 meters from the penalty-mark and must stand behind the penalty mark until the ball is kicked. The opposing goalkeeper remains on her/his goal line, facing the kicker, between the goal-posts, until the ball is kicked. The player taking the kick must kick the ball forward; it shall not be played a second time until it has been touched or played by another player. The ball shall be deemed in play directly after it is kicked and moves. A goal may be scored directly from a penalty-kick. When a penalty-kick is being taken during the normal course of play, or when time has been

extended at half time or full time to allow a penalty-kick to be taken or retaken, a goal shall not be nullified if, before passing between the posts and under the crossbar, the ball touches either or both of the goal posts or the crossbar, or the goalkeeper, or any combination of these agencies, providing that no other infringement has occurred.

A substitution may not be made for a goal keeper at the time of a penalty kick unless the goal keeper is injured.

Any player may take the penalty kick, however they must be on the field of play at the time of the foul.

### **Infringements/Sanctions**

For any infringements committed by the team kicking the penalty kick:

- 1) if the ball enters the goal the kick will be retaken
- 2) if the ball does not enter the goal then play will continue
- 3) if the kicker plays the ball a second time before the ball has touched a second player then a free kick will be awarded to the non-offending team from the place where the ball was touched a second time.

For any infringements committed by the team defending the penalty kick

- 1) if the ball enters the net the goal will stand
- 2) if the ball does not enter the net the kick will be retaken

For any circumstance where both teams infringed on the laws, the kick shall be retaken.

### **Law 15 Kick-Ins**

When the whole ball passes over the whole touch-line, either on the ground or in the air, a kick-in will be awarded to the opposing team to have last touched the ball. The kick-in shall be taken from where the ball crossed over the line. A goal may not be scored directly from a kick-in.

### **Law 16 Goal Kicks**

When the whole ball passes over the whole goal line excluding that portion between the goal-posts, either in the air or on the ground, having last been played by one of the attacking team, a goal kick shall be awarded to the defending team. The kick shall be taken from a point within the goal-area, by a player of the defending team. A goalkeeper shall not handle the ball from a goal-kick in order to kick it into play. If the ball is not kicked beyond the penalty area, i.e., directly into play, the kick shall be retaken. The kicker shall not play the ball a second time until it has touched or been played by another player. Players of the team opposing that of the player taking the goal-kick shall remain outside the penalty-area until the ball has been kicked out of the penalty-area

A goal may not be scored directly from a goal kick

### **Infringements/Sanctions**

If the player taking a goal-kick plays the ball a second time after it has passed beyond the penalty-area, but before it has touched or been played by another player, an indirect free kick shall be awarded to the opposing team, to be taken from the place where the infringement occurred.

### **Law 17 Corner Kick**

When the whole ball passes over the whole goal line, excluding that portion between the goal-posts, either in the air or on the ground, having last been played by one of the defending team, a corner kick shall be

awarded to the opposing team. A member of the attacking team must take the corner-kick. The whole ball must be placed with-in the corner arc at the corner nearest to where the ball left play. Players of the team opposing that of the player taking the corner-kick shall not approach within 3 meters of the ball until it is in play. The ball is considered to be in play once it has been kicked and moves. A goal may not be scored directly from a corner-kick. The corner flag is not to be moved out of the way during the taking of a corner kick

### **Infringements/Sanctions**

If the player who takes the kick plays the ball a second time before it has been touched or played by another player, the referee shall award an indirect free-kick to the opposing team, to be taken from the place where the infringement occurred.

### **Law 18 Kicks From the Penalty Mark**

In games predetermined that kicks from the penalty mark will be used to break a tie, these procedures shall be followed.

- 1) The goalkeeper who starts the shoot out shall remain the goalkeeper for the entire "shootout".
- 2) A coin toss between members of each team will be conducted by the referee to determine which team will shoot first. The winner of the toss will select whether to shoot first or second.
- 3) Teams will select five shooters and teams will alternate shots. The players shooting do not have to be on the floor when the game ended.
- 4) The same net will be used for every shot unless the referee determines that the net has become defective and use of the net can not be continued.
- 5) The goal keeper defending the shot shall comply with all regulations outlined in Law 14. The other goal keeper will remain on the goal line waiting quietly for their turn in goal.
- 6) If after the five shots for each team have been taken and the game is still tied, one shooter from each team will continue shooting in the same order until a winner is determined.
- 7) No player may shoot twice until all players have shot once. However, if there are an uneven number of players between the two teams (i.e. team 1 has 10 players, team 2 has 8), players from both teams may use players to shoot a second time once the team with the lesser number of players equals the number of shots. (I.e. team 2 has 8 players therefore both teams may repeat their shooters on the 9<sup>th</sup> shot).

## **Additions for the Mixed Indoor League**

### **Number of Players**

1. Each team will sign a minimum of 13 and a maximum of 16 players.
2. The games will be 7 vs. 7.
3. The goalie can be either male or female. Each team **MUST** have a goalie at all times.
4. Of the 6 remaining players there can be no more than 3 males on the floor at one time.

### **Game Times**

1. The games will consist of a maximum of 2 x 25min halves with a 5 minute break between halves.
2. The game times are 7:00pm, 8:00pm, 9:00pm and 10:00pm starts. As we are renting the facilities the games must start and end on time. This may impact the length of the halves. The referee will shorten the halves appropriately to ensure that the games end on time.

### **Standings**

1. As this is a recreational league, all games tied at the end of regulation time will remain tied.
2. Game sheets will be kept - but no standings will be produced.

## **ALL RULES AND REGULATIONS**

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